

Full Report (All Nutrients) 09260, Pears, dried, sulfured, stewed, without added sugar

Report Date: June 30, 2017 20:18 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 255g
Proximates					
Water	g	64.44	1	--	164.32
Energy	kcal	127	--	--	324
Energy	kJ	531	--	--	1354
Protein	g	0.91	--	--	2.32
Total lipid (fat)	g	0.31	--	--	0.79
Ash	g	0.54	--	--	1.38
Carbohydrate, by difference	g	33.81	--	--	86.22
Fiber, total dietary	g	6.4	--	--	16.3
Sugars, total	g	27.41	--	--	69.90
Minerals					
Calcium, Ca	mg	16	--	--	41
Iron, Fe	mg	1.02	--	--	2.60
Magnesium, Mg	mg	16	--	--	41
Phosphorus, P	mg	28	--	--	71
Potassium, K	mg	258	--	--	658
Sodium, Na	mg	3	--	--	8
Zinc, Zn	mg	0.19	--	--	0.48
Copper, Cu	mg	0.180	--	--	0.459
Manganese, Mn	mg	0.159	--	--	0.405
Selenium, Se	µg	0.1	--	--	0.3
Vitamins					
Vitamin C, total ascorbic acid	mg	4.0	3	0.635	10.2

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 255g
Thiamin	mg	0.004	3	0.002	0.010
Riboflavin	mg	0.020	3	0.000	0.051
Niacin	mg	0.351	3	0.014	0.895
Pantothenic acid	mg	0.074	3	0.012	0.189
Vitamin B-6	mg	0.035	3	0.002	0.089
Folate, total	µg	0	1	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	1	--	0
Folate, DFE	µg	0	--	--	0
Choline, total	mg	11.2	--	--	28.6
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	--	--	5
Retinol	µg	0	--	--	0
Carotene, beta	µg	23	--	--	59
Carotene, alpha	µg	1	--	--	3
Cryptoxanthin, beta	µg	3	--	--	8
Vitamin A, IU	IU	42	3	25.243	107
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	24	--	--	61
Vitamin E (alpha-tocopherol)	mg	0.03	--	--	0.08
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	9.9	--	--	25.2
Lipids					
Fatty acids, total saturated	g	0.017	--	--	0.043
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 255g
16:0	g	0.013	--	--	0.033
18:0	g	0.002	--	--	0.005
Fatty acids, total monounsaturated	g	0.064	--	--	0.163
16:1 undifferentiated	g	0.001	--	--	0.003
18:1 undifferentiated	g	0.062	--	--	0.158
20:1	g	0.001	--	--	0.003
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.072	--	--	0.184
18:2 undifferentiated	g	0.071	--	--	0.181
18:3 undifferentiated	g	0.001	--	--	0.003
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Threonine	g	0.023	--	--	0.059
Isoleucine	g	0.026	--	--	0.066
Leucine	g	0.046	--	--	0.117
Lysine	g	0.032	--	--	0.082
Methionine	g	0.011	--	--	0.028
Cystine	g	0.009	--	--	0.023
Phenylalanine	g	0.024	--	--	0.061
Tyrosine	g	0.008	--	--	0.020
Valine	g	0.032	--	--	0.082
Arginine	g	0.016	--	--	0.041
Histidine	g	0.010	--	--	0.026
Alanine	g	0.030	--	--	0.076
Aspartic acid	g	0.178	--	--	0.454
Glutamic acid	g	0.065	--	--	0.166
Glycine	g	0.026	--	--	0.066
Proline	g	0.025	--	--	0.064

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Serine	g	0.032	--	--	0.082
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0